

# Eat 5 A Day!

Eating five fruits and vegetables  
a day may lower your chances  
of getting certain types of cancer



Which 5 Will You Eat?  
Ask here for more information.

**Chinese**  
**"5 A Day" Poster**  
**Reading Grade Level: 4**  
**Dimensions: 20" x 30"**

NATIONAL  
CANCER  
INSTITUTE